

Bean Bag Soup

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ross Brown (ENG) - October 2010
音乐: Doop (Jean Lejeux Et Son Orchestre) - Doop : (CD: Doop Remixes - 03:27)



Intro: 32 Counts (Approx. 15 Secs)

DIAGONAL KICKS; FORWARD, BACK, FORWARD. SIDE STEP. X2.

1 – 2 – 3 (Facing forward left diagonal) Kick right foot; forward, back, forward.
4 (Straightening up to front wall) Step right to the right.
5 – 6 – 7 (Facing forward right diagonal) Kick left foot; forward, back, forward.
8 (Straightening up to front wall) Step left (a small step) to the left.
(12 o'clock)

TRAVELLING PIGEON TOES; RIGHT, LEFT.

1 – 2 Swivel right toe and left heel to the right, swivel right heel and left toe to the right.
3 & 4 Swivel right toe and left heel to the right, swivel right heel and left toe to the right, swivel right toe and left heel to the right.
5 – 6 Swivel right toe and left heel to the left, swivel right heel and left toe to the left.
7 & 8 Swivel right toe and left heel to the left, swivel right heel and left toe to the left, swivel right toe and left heel to the left or straighten both feet up.

(Weight ends on left foot)

Alternative You can make this Section easier by Swivelling BOTH heels, then BOTH toes, etc.
(12 o'clock)

CROSS ROCK. CHASSE RIGHT. CROSS ROCK. CHASSE LEFT.

1 – 2 Cross rock right over left, recover onto left.
3 & 4 Step right to the right, close left up to right, step right to the right.
5 – 6 Cross rock left over right, recover onto right.
7 & 8 Step left to the left, close right up to left, step left to the left.
(12 o'clock)

SAMBA STEPS. X2. JAZZ BOX ¼ TURN R with SIDE STEP.

1 & 2 Cross step right over left, step left to the left, step right next to left.
3 & 4 Cross step left over right, step right to the right, step left next to right.
5 – 6 – 7 – 8 Cross step right over left, step back with left, make a ¼ turn right stepping forward with right, step left to the left.
(3 o'clock)

End of Dance. Start again and Enjoy!

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